



NADAP E-Gram

Navy Alcohol and Drug Abuse Prevention

September is National Recovery Month

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS), sponsors National Recovery Month. This national observance increases awareness and understanding of mental and substance use disorders, and promotes the message that behavioral health is essential to health, prevention works, treatment is effective, and people recover.

Organizing an event for Recovery Month is an ideal way to celebrate the achievements of the recovery community. Events bring people together to share real-life examples of the power of recovery from mental and/or substance use disorders.

Events can come in all forms and sizes. Following are types of events that may be of interest:

- **Walk, run, or rally:** A walk, run, or rally can draw large crowds of all ages and backgrounds, fostering a celebratory community atmosphere. These events can be sponsored by local businesses and organizations dedicated to mental and/or substance use disorders. Walks or runs often consist of pre-determined lengths and routes, with social opportunities intermingled, while rallies may identify speakers and opportunities to speak with members of the recovery community.
- **Cookout, dinner, or picnic:** Cookouts, dinners, and picnics are easy ways to unite friends, family, and neighbors in a positive environment. These events can be tailored to encourage treatment, celebrate recovery, or support a person's reintegration into society.
- **Twitter, Facebook, and webinars:** Technology allows people the opportunity to participate in the online discussion surrounding recovery. These types of events are convenient when you are discussing the role of online services in recovery, such as e-therapy and support chat rooms.

No event is too small to celebrate the accomplishments of individuals in recovery and those who serve them. Be sure to have information on how to get help for mental and/or substance use disorders readily available for event attendees. Visit <http://www.recoverymonth.gov/> for more ideas and information.



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Sailors Share Stories of Destructive Drinking and the Importance of Keeping What You've Earned

What does the phrase “Keep What You’ve Earned” mean to you? That is the question that the Navy Alcohol and Drug Abuse Prevention Office (NADAP) asked four brave Sailors to answer and share on video. Their personal stories illustrate how alcohol incidents impacted their careers and the importance of drinking responsibly.

The “Keep What You’ve Earned” campaign released its first testimonial video on August 19 featuring ET2 Michael Palfrey from Naval Base San Diego. He reveals the poor decision he made while drinking that adversely impacted his career and provides advice for others on how to drink responsibly.

“Someone pushed a beer in my face and I said ‘Why not? The night’s over,’” said ET2 Palfrey, and the rest was a blur. “That moment when the cuffs went on, I just kind of sobered up and went ‘This is not real. This did not just happen.’” ET2 Palfrey decided to participate in the “Keep What You’ve Earned” campaign and share his story so that other

Sailors can learn from his mistakes. He reminds Sailors that although it may be a one-time thing, irresponsible decisions regarding alcohol can lead to severe career consequences.

“I had all of these things going for me a year ago, and now they’re all gone,” he said. “It’s not just the financial costs and where they hit you in the wallet.”

ET2 Palfrey’s story is encouraging because he sought the help that he needed and received tremendous support from his command leadership, including his Command Drug and Alcohol Program Advisor (DAPA).

Mr. James Queen, Command DAPA, Training Center San Diego, supported ET2 Palfrey throughout the treatment process, including referring him to the Substance Abuse Rehabilitation Program. In the video, Mr. Queen speaks to how the “Keep What You’ve Earned” campaign is a way to remind Sailors of how hard they’ve worked to make rank and make their family and their community proud, and that it’s not worth it to throw all of that away for a couple drinks.



ET2 Palfrey’s testimonial is one of four that will be released this summer and fall as part of the “Keep What You’ve Earned” campaign. Each testimonial reminds Sailors of the importance of drinking responsibly and keeping what you’ve earned.

You can access the video on NADAP’s YouTube channel. For more information and to help promote responsible drinking this summer within your command, you can access materials and resources from NADAP’s Keep What You’ve Earned campaign, available at www.nadap.navy.mil.



Do You Know the Self-Referral Process for Alcohol or Drug Abuse?

Don't wait until you've hit rock bottom or are in administrative processing for separation from the Navy to get yourself help! If you think you could benefit from treatment, the Navy offers a non-disciplinary self-referral process that allows you to get treatment and remain an active-duty Sailor.

The self-referral process is designed to provide a member with the opportunity to receive screening and appropriate treatment for personal alcohol abuse, without fear of disciplinary action. This includes Sailors under the age of 21 who think they are in need of counseling or assistance for alcohol abuse.

To qualify as a valid self-referral, there can be no credible evidence that an alcohol-related incident has already occurred. For example, you can't initiate a self-referral after you've been arrested for DUI/DWI to avoid disciplinary action.

A self-referral disclosure of alcohol abuse must be made to a qualified referral agent with the intent of acquiring treatment. Disclosure made to any other person who is not a qualified self-referral agent may not prevent disciplinary action.



Resources:

- Speak to your command DAPA
- Visit www.nadap.navy.mil
- Call 1-800-U-ASK-NPC

• **A self-referral is initiated by a Sailor who desires counseling or treatment for drug and/or alcohol abuse.**

• Self-referrals do not result in disciplinary action.

• **Qualified self-referral agents include:**

- Command Drug and Alcohol Program Advisors (DAPA)
- Commanding officer, XO, OIC, or CMDCM/Chief of the Boat (COB)
- Navy drug and alcohol counselor (or intern)
- DoD medical personnel (including LIP)
- Chaplain
- Fleet and Family Support (FFS) center counselor

NADAP Webinars

All webinars begin at 1300-1400 (CDT). An additional webinar is available at 1700 (CDT)

Click the link below to join the webinar.

<https://connect.dco.dod.mil/nadapwebinar/>

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event. To setup a DCO account, visit <https://www.dco.dod.mil/> and select "register" at the top left hand corner of the page.

WEBINAR SCHEDULE 2013

Date	Subject
12 SEP	ADMITS Overview
03 OCT	DAPA Responsibilities
24 OCT	Prevention Campaigns & How to Order
7 NOV	ADCO Responsibilities



Phase II

The fall season ushers in the start of Phase II. Conducting a Phase II is mandatory for all programs unless OPTEMPO or other unforeseen circumstances prevent. If this is the case, command leadership needs to notify the DEFY Program Office when it becomes clear a Phase II will not be conducted. Remember that the emphasis of Phase II is mentoring. According to Mentoring.org's "How to Build a Successful mentoring Program", mentoring programs need to provide at least four hours of mentoring a month for at least a year. Mentoring can occur during all types of activities, but it's important to plan activities that provide a chance for communication. Remember to schedule enough time for mentoring, meals, activities, and curriculum delivery during your Phase II sessions. There is a drop-off in participation (youth and staff) between Phase I and Phase II. Keep an open line of communication with parents and staff to keep them engaged. Be creative with your schedule to accommodate as many families as you can, remembering the time requirement mentioned above.

Find Us on NKO

The DEFY Program has an NKO community page with information accessible to all NKO users.

<https://wwwa.nko.navy.mil/portal/drugeducationforyouthdefyprogram/home>

Red Ribbon Week

Red Ribbon Week is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 - 31st.

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a DRUG - FREE AMERICA.

Use Red Ribbon Week as an opportunity to continue talking about the dangers of drugs. **Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations.**

Participating in Red Ribbon Week just got even easier. We encourage you to participate to help spread the message across America. All you have to do to participate is tweet or post on Facebook with any or all of the suggested language below to spread the word about Red Ribbon Week: See the examples below, copy the language you want to use on your blog or social networking site and start spreading the message.

- A Healthy Me Is Drug Free – and that's why I am celebrating Red Ribbon Week (October 23-31).
- It's Red Ribbon Week and I am taking a stand against drugs. Join me. Take the pledge: www.redribbon.org/pledge
- Today, I'm honoring Kiki Camarena, a DEA agent who died while fighting substance abuse. Join me in celebrating Red Ribbon Week 2011. Take the pledge: www.redribbon.org/pledge
- Today, I'm joining teens, parents, teachers, and other citizens across America in celebrating Red Ribbon Week (October 23-31), the oldest and largest drug prevention program in the nation.
- Join me in celebrating Red Ribbon Week. Our children have the right to grow up drug free – and we have the responsibility to make that happen. Take the pledge: www.redribbon.org/pledge

October is National Bullying Prevention Month

Source: StopBullying.gov

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen travelling to or from school, in the youth's neighborhood, or on the Internet.

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior.

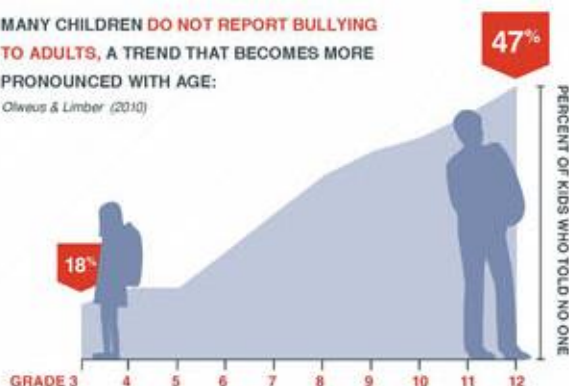
- **Cyberbullying can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night.**
- **Cyberbullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.**
- **Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.**

There are many warning signs that may indicate that someone is affected by bullying.

Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help. Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

MANY CHILDREN DO NOT REPORT BULLYING TO ADULTS, A TREND THAT BECOMES MORE PRONOUNCED WITH AGE:
Oliveus & Limber (2010)



WHY DO KIDS KEEP SILENT?



Oliveus & Limber (2010), Kowalski, et al. (2012)

90%

OF 3RD-5TH GRADE STUDENTS SAID THEY FELT SORRY FOR STUDENTS WHO ARE BULLIED, BUT SYMPATHY OFTEN DOES NOT TRANSLATE INTO ACTION.

Oliveus & Limber (2010)

The Keep What You've Earned Campaign Is Launching a Training Series

The Keep What You've Earned campaign is launching a training series to provide ADCOs, DAPAs, and other Navy leadership with the tools they need to convey information about drinking responsibly to Sailors during trainings, Safety Stand downs, and other briefings.

There are four sets of PowerPoint slides, which will be released one session per month to prevent oversaturation of the topic and message fatigue with the audience. Session topics include:

1. KWYE Introduction & Video
2. BAC Levels & Factors
3. Responsible vs. Destructive Drinking
4. Navy Policy & Advocacy

Visit the KWYE campaign website to download the training slides, and **don't forget to customize the information to fit your base**, such as adding in local activities as alternatives to drinking.

Visit www.nadap.navy.mil to view all Keep What You've Earned campaign materials.



2012 - 2013 STATISTICS

ARIs & DUIs

AUG	332	98
SEP	333	131
OCT	398	101
NOV	302	94
DEC	342	116
JAN	347	87
FEB	323	90
MAR	336	99
APR	267	75
MAY	299	67
JUN	245	80
JUL	156	56
AUG	49	16

MEM POS & TOTAL TESTED

AUG	110	98,011
SEP	124	104,678
OCT	139	97,760
NOV	126	93,299
DEC	142	85,230
JAN	233	125,562
FEB	142	93,725
MAR	184	97,118
APR	178	95,902
MAY	193	96,010
JUN	211	93,893
JUL	217	88,727
AUG	23	10,326